

Buddhism



The Buddha

Siddhartha Gautama-born a prince
--Had an easy life--no suffering
--married at 16, had son at 29

At age 30

Saw suffering--an old man, sick man, funeral
-saw peaceful ascetic (simple religious man)
-Left his rich life and searched for answer to suffering.
-Tried giving up pleasures (bathing, eating) almost died
-Finally meditated 14 weeks-found perfect peace (nirvana)
-Became the Buddha (Enlightened One.)

Buddha says...

No--Animal Sacrifice

No--Priests that control

No--Caste System

???--Gods and Goddesses

Yes--Reincarnation

Yes--The Middle Way

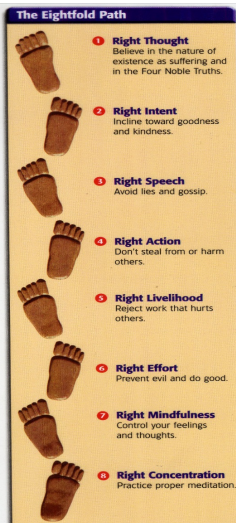
Be reasonable

No unnecessary pain

Buddhism

The Four Noble Truths

1. Everyone suffers.
2. Suffering is caused by wanting pleasure or material things.
3. To get rid of suffering, get rid of wanting.
4. To get rid of wanting, follow the eight-fold path.



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The Eightfold Path

- 1 **Right Thought**
Believe in the nature of existence as suffering and in the Four Noble Truths.
- 2 **Right Intent**
Incline toward goodness and kindness.



3 Right Speech
Avoid lies and gossip.

4 Right Action
Don't steal from or harm others.



5 Right Livelihood
Reject work that hurts others.

6 Right Effort
Prevent evil and do good.



7 Right Mindfulness
Control your feelings and thoughts.

8 Right Concentration
Practice proper meditation.

The Middle Way

No Extremes--
Not too much and not too little.



Nirvana A State of Perfect Peace

